Weld County
2016 Community Health Survey

Overweight & Obesity

Key Findings

- Countywide, 66% of residents were overweight or obese whereas 67% of residents in the Greeley/Evans region of the county (highest rate) were overweight or obese and 63% of residents in the Southwest region (lowest rate) were overweight or obese.

- The percentage of Weld County overweight or obese residents was similar to the 2016 U.S. rate (65%) but higher than the 2016 statewide rate (58%).

Percent Overweight or Obese

- Weld: 66%
- Colorado: 58%
- U.S.: 65%

Body Weight Status By Region, 2016

- Greeley/Evans: 31.8% Overweight, 35.0% Obese
- Southeast: 35.8% Overweight, 30.0% Obese
- Southwest: 41.3% Overweight, 21.6% Obese
- North: 39.0% Overweight, 26.4% Obese

- Some groups have higher rates of obesity than others. Nearly four out of ten (37%) Hispanic and Latino residents were obese compared to about three out of ten (29%) non-Hispanic or Latino residents.

- Statewide in 2016, about 27% of Hispanics were obese, which is much lower than Weld County Hispanic and Latino residents of 37%.

- Since 2010, the obesity rate for Weld County Hispanic/Latinos has fluctuated and remained higher than for non-Hispanic/Latinos.

*Due to changes in weighting methodology, interpret comparisons before 2016 with caution.
Key Findings

- Since 2010, more people have become overweight or obese in Weld County. The percentage of residents with a body mass index less than 25 (not overweight or obese) declined to 34% in 2016 from 38% in 2010*.

- The percentage of residents with a body mass index equal to or greater than 30 (obese category) increased from 25% in 2010 to 31% in 2016*.

- Among low income residents (≤ 100% FPL**), the obesity rate was 44.8% compared to 28.9% for residents who were not low income (>100% FPL).

**100% Federal Poverty Level (100% FPL) in 2015 was $11,770 for single person, $4,160 for each additional person, and $24,250 for a family of four.

- Physical inactivity is one risk factor that individuals can change to reduce the risks of overweight and obesity. Physical activity may help people lose and/or maintain weight.

- Countywide, about 3 in 4 (75%) of residents reported achieving at least moderate levels of physical activity intensity*** in a typical week through a combination of activities including walking, bicycling, jogging, or similar activities.

- Of residents who typically obtained at least moderate levels of physical activity intensity, nearly three out of ten (28%) were obese. In comparison, almost four out of ten (38%) residents with little or no physical activity were obese (see chart to left).

**Body Mass Index (BMI) Trends, 2010 - 2016**

<table>
<thead>
<tr>
<th>Year</th>
<th>BMI &lt;25</th>
<th>BMI 25 - 29</th>
<th>BMI ≥ 30</th>
</tr>
</thead>
<tbody>
<tr>
<td>2010</td>
<td>38%</td>
<td>35%</td>
<td>25%</td>
</tr>
<tr>
<td>2013</td>
<td>36%</td>
<td>35%</td>
<td>29%</td>
</tr>
<tr>
<td>2016</td>
<td>35%</td>
<td>34%</td>
<td>31%</td>
</tr>
</tbody>
</table>

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***Moderate physical activity adds up to as much as 150 minutes of qualifying activity per week (or less if some activity is more vigorous).***
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About the Survey

Description of Responders

Age Groups

- 18-24: 9%
- 25-34: 25%
- 35-44: 17%
- 45-54: 20%
- 55-64: 11%
- 65-74: 11%
- 75+: 9%

Race/Ethnicity

- 71% - White, not Hispanic
- 25% - Hispanic/Latino
- 1% - Other/Multiple
- 1% - Am. Indian/Alaska Native
- 1% - Asian
- <1% Black

Household Income

- < $16,000: 13%
- $16,001-$24,000: 9%
- $24,001-$58,000: 18%
- $58,001-$80,000: 19%
- $80,000+: 42%

The Survey Explained

- In order to periodically assess the health status of county residents, between September 6, 2016 and November 17, 2016, Weld County Department of Public Health & Environment contacted 8,494 households by mail requesting an adult to complete the 55-item survey or complete it online.

- Question topics included health, health care access and insurance, health conditions and lifestyle habits, preventive screenings, environmental issues, community concerns and needs, and demographics.

- Households were selected randomly by first dividing the mailing list into four regions (see map below) and two household types (single-family vs. multi-family). The list was certified by the post office but did not contain residents’ names.

- After multiple contacts, 2,080 community residents returned usable surveys for a 25 percent response rate. The results are representative of the population within a ±5.0 percent margin of error.

- To see the actual survey go to: www.weldhealth.org

Questions?
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